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Your essential daily news | TUESDAY, APRIL 14, 2015

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Soaking up the sun

University of Ottawa students Aliyah Aujnarain, front, and Allison Leeming relax in Confederation Park on Monday as people enjoy warm temperatures. SEAN KILPATRICK/THE CANADIAN PRESS

Sex talk unwanted by woman in taxi

Complaint launched against driver



Joe
Lofaro
Metro | Ottawa

A 30-year-old Ottawa woman is calling for a more "streamlined" procedure for handling taxi complaints after she alleges a driver asked her to have an affair with him during a ride.

Jaclyn Money Penny said the incident happened last Thursday morning during a 10-minute cab ride to Centretown in a Blueline taxi.

"He was friendly but making comments about how 'I never forget a beautiful woman, I've had you in this cab before.' He kept talking and joking and then he mentioned that we should have an affair and he could cheat on his wife. This was all in a joking tone," Money

penny told Metro.

"Then his next comment was asking whether or not my boyfriend and I are sexually active. It was just really offensive, really inappropriate, and really unprofessional."

She says she filed a complaint with Blueline's customer service line within an hour of arriving at her destination, but did not get a call back from the company until the next day after she publicized the incident on social media.

The incident has left her traumatized, she said, and now she doesn't feel comfortable enough to get in another Blueline cab.

Hanif Patni, head of Coventry Connections which operates Blueline and other cabs, said the complaint is being looked into.

"This is not the kind of thing that we take in a lightly manner. We have immediately responded to this complaint. We received this complaint on Thursday and by Friday we were all over it," said Patni.



I'm just trying to get to work and I don't want to hear comments about my appearance when I'm in a cab.

Jaclyn Money Penny

But Money Penny said she was discouraged by tweets sent from the Blueline Twitter account on Friday asking her to file a police report first.

A followup tweet from the company said a police complaint is needed to access camera footage from inside the cab.

Patni said privacy laws prevent a taxi company from accessing the surveillance footage directly.

"Regardless of the video there needs to be more streamlined process. Rather than putting the onus on the victim to contact police," said Money Penny.

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SAFETY

Water park guilty of six charges on rides



Haley Ritchie
Metro | Ottawa

Calypso Water Park was found guilty of six safety-related charges and acquitted of another five charges in court on Monday.

Justice of the Peace Julie Lauzon was ruling on incidents that happened in 2011 and 2012 on a number of the park's rides.

The park, located east of Ottawa, originally faced 20 safety-violation claims in 2013 brought forward by the Technical Standards and Safety Authority, which regulates amusement-park rides in Ontario.

Calypso pleaded not guilty on all counts, and nine of those original charges were dropped in February due to lack of evidence.

Lauzon said the park was guilty on two charges related to the Bobsleigh ride because staff hadn't been properly trained and the ride was unsafe. The park was found not guilty on a third charge related to the ride.

Lauzon also ruled on charges related to the Steamer water slide.

Calypso has made changes to the safety systems since the case began, according to a statement released by the park.

"While disappointed, Calypso accepts the judge's decision and wants the public to know that it continues to take steps to increase the park's safety with ongoing maintenance and improvements to its structures," reads the release.

Sentencing is set for June 12.

MISSING

Police seek help in finding 15-year-old

Ottawa police are asking for help from the public in locating a missing 15-year-old girl.

Shaurora Loon was last seen walking in the 300 block of Cumberland Street on March 28, according to a release.

She stands five-foot-10, weighs 180 pounds and is described as aboriginal with short black and red hair shaved on one side.

She was last seen wearing a black sweater, a hoodie, gray sweatpants and possibly no shoes.

Police say they are concerned for her safety.

Anyone with information about where she is should call the Ottawa Police Service dis-



Shaurora Loon. CONTRIBUTED

patch at 613-230-6211 or the missing persons' unit at 613-236-1222, ext. 2355. METRO

IN BRIEF

Missing woman, 79, has police concerned

Ottawa police are looking for the public's help in locating a 79-year-old woman last seen walking in the 800 block of Blackthorne Avenue on Monday morning.

According to a release,

Dawn Perron is white, five-foot-five and 150 pounds with short grey hair and glasses.

She was last seen wearing a paisley-printed blouse, brown suede jacket, jeans and black slip-on shoes.

METRO



Acting on a tip, Ottawa police officers comb through the ditch along Hunt Club Road near Hawthorne Road on Monday morning searching for evidence in connection with the Feb. 6 murder of Yusuf Ibrahim. JOE LOFARO/METRO

Police comb ditches for murder weapon

HOMICIDE

Officers tipped off on possible location of discarded gun



Joe Lofaro
Metro | Ottawa

Police were combing through ditches in south Ottawa on Monday looking for a gun believed to be connected to the unsolved homicide of 27-year-old Yusuf Ibrahim.

Staff Sgt. Bruce Pirt of the Major Crime Unit said police

were acting on information they received that the gun believed to have been thrown out of the suspect's vehicle might have been discarded near the intersection of Hunt Club Road and Hawthorne Road.

Last month, police released video footage on YouTube of a black Dodge Charger speeding eastbound through the same intersection toward the 417.

Pirt said the man who rented the Charger in question has not been forthcoming with police.

The intersection and its surroundings were the centre of the search on Monday, with police walking in formation along ditches and patches of grass.

It was just around the corner at 181 Forestglade Cres. where Ibrahim was gunned down in broad daylight the morning of Feb. 6. He was pronounced dead at the scene.

Police had previously confirmed he was a known gang member and was known to police.

Investigators also obtained surveillance footage of three men in a taxi that, according to police, travelled to and from 181 Forestglade Cres. in the early morning hours of the day of the shooting.

Those men are considered persons of interest in the case and are being sought by police.

INFORMATION SOUGHT

Anyone with information regarding the unsolved murder of Yusuf Ibrahim on Feb. 6 is asked to call the Ottawa Police Major Crime Unit at 613-236-1222, ext. 5493.

Anonymous tips can be submitted by calling Crime Stoppers toll free at 1-800-222-8477 (TIPS).

You can also download the Ottawa Police iOS app.

CRIME

Man charged in bank-robbery attempt

Police have charged a 25-year-old Ottawa man with attempting to rob a bank.

Ottawa police say that on March 25, a man entered an unnamed bank on Marche Way, the retail area adjacent

to TD Place.

He gave a note to an employee that said he wanted cash and that he had a gun.

When staff at the bank turned him down, the would-be robber simply turned

around and left.

Police say no weapon was seen and no one was injured.

On Saturday, police say their suspect in the case turned himself in to police.

Dominik Dushime faces

a single count of attempted robbery.

He has been remanded into custody until his next court appearance, which takes place on Wednesday.

METRO

Q & A

Senate changes difficult

Revelations from Mike Duffy's fraud trial and a looming audit report on the expense excesses of his fellow senators will doubtless fuel demands for an overhaul or outright abolition of Canada's reviled Senate.

But before Canadians get carried away on a wave of outrage, it's worth remembering what that would entail — and to consider whether the cure might be worse than the disease.

What would it take to reform the Senate?

In a landmark decision last April, the Supreme Court of Canada advised that even modest reforms proposed by the Harper government — term limits and a non-binding, "consultative" election process for choosing senators — would require constitutional amendments approved by both houses of Parliament and at least seven provinces representing 50 per cent of the country's population (the 7/50 amending formula).

What would it take to abolish the Senate?

The top court set that bar higher: a constitutional amendment approved by Parliament and all 10 provinces.

So why not amend the Constitution?

Easier said than done. There is no consensus among the provinces about reforming or abolishing the Senate. NDP Leader Tom Mulcair is willing to give constitutional negotiations a shot, but Prime Minister Stephen Harper and Liberal Leader Justin Trudeau don't want to wade back into a constitutional quagmire from which the country barely emerged intact last time. THE CANADIAN PRESS

Expenses show lack of oversight in the Senate

POLITICS

Crown focuses on Duffy's contract with CTV friend

Suspended senator Mike Duffy used his office budget to direct payments to a friend's company for photo mementoes, physical-fitness training, makeup services and cash gifts that otherwise would have been turned down, his trial heard Monday.

In total, Duffy spent \$65,000 in Senate funds over four years on consulting services that featured irregularities like backdated contracts, changes to contract totals and payments that did not appear to be related to his "parliamentary functions," according to a Senate human-resources clerk.

Invoices introduced by the Crown show the Senate was billed for more than \$1,300 spent at a suburban Jiffy Photo shop to enlarge many photos of Duffy's family members, including his daughter and grandson, or political contacts. Duffy's diary shows he sent mementoes to people such as Barbara Bush, former U.S. first lady and mother of former president George W. Bush who visited Canada in 2009. A copy of the photos sent to the Bush matriarch was not introduced.

But the point was clear. Sonia Makhoulouf, a soft-spoken Senate human-resources officer, testified many such services would not have ordinarily been approved under Senate "guidelines" as she understood them.

Makhoulouf said she ques-

tioned a senator only over small details — if a contract description was unclear, if the amounts appeared out of whack with the time frame of the contract or if other details were lacking. She did not "validate" the contract descriptions or whether the services were, in fact, performed.

Oversight was minimal and much was left up to the senator's own judgment.

"If everything appears to be logical, then I'll leave it to the discretion of the senator," she said.

The Crown is attempting to prove Duffy skirted the rules and used his annual \$150,000



If everything appears to be logical, then I'll leave it to the discretion of the senator.

Sonia Makhoulouf, Senate HR officer, on the oversight of Senate expenses

office budget as a personal slush fund or "reserve pool" of money, in part by directing payments to two companies set up by his former CTV colleague and friend Gerald Donahue: Maple Ridge Media Inc. and its successor Ottawa ICF (an insulated concrete form company).

Assistant Crown attorney Jason Neubauer reviewed with Makhoulouf some 12 payments

from 2008-2012 to Donahue's companies, which Duffy had hired ostensibly for consulting and "editorial services," like media monitoring and speech writing or research into Canada's "aging population."

When Neubauer asked Makhoulouf if any of those contracts would have covered payments for photos, makeup or "gifts" to volunteers and paid

staffers, she suggested they would not unless they were "parliamentary work related."

"Whose responsibility is it to ensure that whatever service was agreed to was actually provided?" asked Neubauer.

"The senator," she answered. "The senator is signing the invoice at the end."

The trial heard that when finance officials advised Duffy he was about to exhaust his budget in 2009, the first year of his tenure, Duffy's assistant wrote to express Duffy's consternation. "The senator would like to know why so little is left in his budget," wrote Melanie Vos.

Duffy then trimmed a \$20,000 contract to Donahue to \$10,000 in 2009, Judge Charles Vaillancourt heard. Later, in March 2010, when it looked like Duffy would have a surplus at fiscal year-end — money that would otherwise have been rolled back into the public treasury — Duffy amended the contract with Donahue again to increase the overall funds required for his consulting services to \$14,000.

Donahue has already told the RCMP, according to an affidavit of Cpl. Greg Horton's, that he did little or no work for Duffy and would have given Duffy advice for free.

NDP ethics critic Charlie Angus attended court Monday and handed out gag trading cards featuring senators he said represented the "pork and patronage" of the Senate.

Angus scoffed at Duffy's defence to date that the Senate doesn't have clear rules. "Just because they're lawless doesn't make them lawful," said Angus.

TORSTAR NEWS SERVICE



Suspended senator Mike Duffy arrives at the courthouse in Ottawa on Monday. Duffy is facing 31 charges of fraud, breach of trust, bribery and frauds on the government related to inappropriate Senate expenses. SEAN KILPATRICK/THE CANADIAN PRESS

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City to make Elgin Street's Patio Pilot project permanent: Report

RESTAURANTS

Extension will be discussed at April 20 meeting



Lucy Scholey
Metro | Ottawa

As the weather warms and the Ottawa Senators launch their playoff season, there could be more reason to head to Elgin Street beyond the Sens Mile.

Diners and drinkers should continue basking in the sun on Elgin Street patios long after the playoffs, according to a city recommendation.

In a report going before the transportation committee on April 20, the city is looking to make the two-year Elgin Street Patio Pilot a permanent deal.

After the pilot was approved on June 5, 2013, four bars and restaurants along the west side of Elgin Street opened patios: Johnny Farina, Hooley's Pub, Town and The Standard.

Further, Woody's Elgin Street Urban Pub and Fresco Bistro Italiano had conditional approval on their patios since 2012. Sir John A Pub had on-going approval since 1992, but requested an expansion under the pilot.



Greg Penny pours a pint at Hooley's on Monday. ANDRZEJ TERRENCE/FOR METRO

"Our summers are significantly better," said Matt Bickford, the co-owner of Fresco Bistro Italiano, which has a patio that seats 16 people. "We're able to fill the inside of our restaurant because we're able to have more of an atmosphere on our sidewalk."

It cost him and his brother, Jim, about \$10,000 to install the woodwork, railings and obtain a city permit, including \$3,000 in city fees.

Town's patio was tiny —

only six seats — but it's something husband-wife duo Marc Doiron and Lori Wojcik want to keep open.

"It's like a sandwich board," Doiron said. "It's very helpful to our business, as well, because we are such a small restaurant that it helps when we are busy to have a waiting room for overflow."

Beyond more outdoor venues for sipping ale, the patio project proved to be a bit of an economic win for

Ottawa. In 2014, the program generated \$20,000 in revenues for the city, according to the report going before the transportation committee on Monday.

But some restaurant owners say patio fees are too high.

Ottawa charges about \$1.25 per square metre per day. In Vancouver, it's \$7.64 per square foot downtown in the summer, but it's not daily.

At Hooley's Pub, the patio will not reopen this season.



Charles Turpin, left, and Cloe Plouffe, right, relax on the Empire restaurant and bar patio on Monday in the Byward Market. ANDRZEJ TERRENCE/FOR METRO

It seated about 20 people, but cost the pub about \$4,000 in city fees to operate for the summer.

"It's nice to keep up with everyone else and have the front space and patio, but from a cost-effective point of view — not so cost-effective," said Gyneva Dicks, the pub's manager.

The patio project did not receive boisterous support:

\$20,000

The Elgin Street Patio Pilot project brought \$20,000 in revenue to the city in 2014.

Of the dozens who phoned and emailed in, just 35 per cent expressed support for the patios. Of the 121 neighbours who responded to a city notice, a little over 50 per cent gave the project a thumbs up.

A common complaint: The patios squeezed out sidewalk space and congested bus stops.

Most of the complaints were directed at Johnny Farina, which neighbours the busy Lisgar Street. Given that it's near offices, Lisgar Collegiate Secondary School and a bus stop, the report recommends the restaurant allows for a slightly larger sidewalk width of two metres. Other restaurants south of MacLaren Street can maintain sidewalk width at 1.8 metres.

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CULTURE

Ottawa's Little Theatre gets big \$150K funding boost



Haley Ritchie
Metro | Ottawa

The Ottawa Little Theatre announced a big \$150,000 donation Monday from the Trillium Foundation that will go to restoring the group's 43-year-old building on King Edward Avenue.

The theatre has now raised a total of \$465,500 for the res-

toration project, and is hoping to raise more than double that for their final fundraising goal.

Money will go towards a multi-step plan that will eventually replace the building's aging roof and windows, and later improve accessibility and auditorium seating.

"Our roof is leaking. Our windows, all the seals are gone. So we're raising money for work that needs to be completed imminently," said Evan Clark,



Our roof is leaking. Our windows, all the seals are gone. So we're raising money for work that needs to be completed.

Evan Clark

+ ANNIVERSARY

Ottawa theatre company celebrates 103 years

The Little Theatre company will turn 103 years old in September. They've owned the building since 1928, although it was partially rebuilt in 1970 after a fire.

director of marketing for the theatre.

He said the Ontario Trillium Foundation grant recognizes the theatre's long history in the city.

"Our track record itself, over a hundred years old, you can't really let that go to pot. So we're really happy to be acknowledged with this grant," he said.

Return sled and we'll let it slide: Pub

An Ottawa-area pub has a simple message for two men they say stole a toboggan from their front entrance.

"We know you did this — just give it back," said Crystal Therrien, owner of the Cheshire Cat Pub in Carp. According to Therrien, security cameras captured the men clumsily loading the Steam Whistle branded toboggan, meant for a promotional raffle, into their car on

March 28.

Nobody noticed the toboggan was gone until the raffle's winner was drawn and they couldn't find it.

Therrien went on a Facebook page for the pub's regulars on Monday and posted a photo of the incident along with a message that said the staff know who the people in the footage are. She also said one man's beard needs a trim.

The post says the men should bring back the toboggan and make a \$100 donation to Tysen's Mission to a Million.

The charity, which raises money for Make-A-Wish Eastern Ontario, was started by Tysen Lefebvre of Stittsville, a Make-A-Wish recipient that met Adam Sandler.

Now liked more than 600 times, the post ends with a warning that the alleged

thieves have until Friday.

"I don't know what happens then — it's an idle threat, really," said Therrien. "We're not out to destroy two guys for doing something stupid and petty."

Steam Whistle sent a cooler in the toboggan's place for the raffle winner. This is probably a more appropriate prize considering the weather.

NICHOLAS HODGE/FOR METRO



The alleged thieves stealing the toboggan from the Cheshire Cat Pub, according to staff. CONTRIBUTED

CHILD PORNOGRAPHY

Psychiatrist speaks of man's sadistic fantasies at hearing

A father of three who was once deputy education minister in Ontario and Manitoba encouraged people he met online to sexually abuse their children as part of "sadoomasochistic" fantasies, his sentencing hearing was told Monday.

But whether Benjamin Levin's behaviour had the potential to cause real harm to children remained in dispute.

Levin, 63, pleaded guilty to three child pornography-related charges last month. He was originally charged with seven child porn-related offences.

A forensic psychiatrist called to testify by Levin's lawyer determined in an assessment that Levin had a "pedophilic interest in children" but his behaviours were at "a fantasy level."

Levin had "distorted beliefs" that his fantasies were harmless, but he did not engage in any sexual abuse, said Dr. Julian Gojer.

+ MORE DETAILS

Benjamin Levin's lawyer is seeking a sentence of two years in a penitentiary, while the Crown is seeking up to three years and eight months behind bars.

"He's talked about sadistic acts involving children," Gojer said.

"There's no indication Mr. Levin has actually had hands-on behaviour or sought out sexual contact with children."

The risk in Levin's behaviour was the impact his fantasies may have had with the people he discussed them with online, Gojer suggested. Crown prosecutors argued, however, that Levin's behaviour crossed into the realm of reality on occasion.

THE CANADIAN PRESS

There's no indication Mr. Levin has actually had hands-on behaviour or sought out sexual contact with children

Dr. Julian Gojer

SHOOTING

Police probe death of chocolate Lab

Ontario's provincial police say they are investigating after a dog was "intentionally" killed near Peterborough, Ont.

The OPP says Jake, a chocolate Labrador retriever, went missing Saturday morning.

Jake's owner, Jeff Waldon, says friends found the dead dog in a ditch Sunday without its red collar, but with a bullet in the back of its head.

Waldon says he underwent

the gruesome task of removing the bullet from the dog.

He says he is "upset and enraged" and that his three young daughters are devastated, but he hopes to find some closure when they bury the dog on his property tonight.

Police are looking for help from the public with their investigation.

THE CANADIAN PRESS

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Ottawa Senators' Mike Hoffman celebrates after scoring a goal and tying the game with teammate Clarke MacArthur against the Pittsburgh Penguins during a game in Ottawa last week. Many say fans of the Toronto Maple Leafs — although battered from an embarrassing season — are unlikely to switch to their rival team, the Senators. THE CANADIAN PRESS

Leafs' fans stay away from Sens

RIVALRY

Toronto hockey devotees not liking Mayor Watson's pitch



Lucy Scholey
Metro|Ottawa

Sorry, Mayor Jim Watson, but you may be hard-pressed to find many Toronto Maple Leafs fans strutting down the Sens Mile wearing red jerseys.

A day after the Ottawa Senators scored a spot in the playoffs, the red Sens Mile signs went up on Elgin



I don't think you'll find me walking down Sens Mile in an Erik Karlsson jersey.

Tim Chiasson

Street, and the mayor called on all Leafs fans to cheer on their provincial neighbour and rival.

But many say Leafs fans — although battered from an embarrassing season — are unlikely to switch to their rival team.

"He's a good mayor, but he's not much of a salesman," joked Tim Chiasson, an Ottawa resident and editor of the blue-teamed news site, Editor in Leaf.

A self-declared Leafs fan, he said he will cheer on the

Senators for the first round — but only because they are playing the Montreal Canadiens.

"After that, they're on their own," he said.

Sportsnet reporter Chris Johnston called the mayor's request "noble," but unlikely.

"Ottawa is probably the most-hated team among Leafs fans," he said. "I think that if they're going to gravitate towards someone else, it probably won't be the Sens."

As to where Leafs fans' allegiances now lie, it's a

mixed bag.

"They're cheering for a new general manager," said Stephen Whyno, who covers the NHL for The Canadian Press.

Chiasson said he's cheering for Erie Otters star Connor McDavid, whose draft lottery pick is on Saturday. The Leafs have a 9.5 per cent chance at the top pick.

Jeff Veillette, who writes for theleafsnation.com, is now backing Washington, but he's in favour of Leafs fans joining the Sens army.

"I'm not against it at all," he said.

"I think, at the end of the day, hockey is something that we watch out of a sense of entertainment and the Senators have been such an incredible

+ BET

Ottawa, Montreal mayors agree on bet for NHL playoff series

The bet's on, Ottawa. Ottawa and Montreal's mayors have made their traditional NHL playoff bet and this year, smoked meat and Beavertails are on the line.

Under the terms of the agreement, the losing city's mayor will wear the win-

ning team's jersey to a city council meeting and fly the winning team's flag at City Hall for one week.

The City of Ottawa said if the Sens win, Mayor Denis Coderre will send Montreal smoked meat to Mayor Jim Watson.

But if Montreal wins, Watson will ship a few Beavertails to Coderre.

JOE LOFARO/METRO

story this year."

The Senators were far from a playoffs spot in February, but finished the season with a 23-4-4 over the final

31 games.

The team plays the Habs in Montreal for Game 1 on Wednesday.

WITH FILES FROM THE CANADIAN PRESS

SALES

Tickets sell out in minutes for home playoff games

There were some long faces on those waiting in line to buy Ottawa Senators playoff tickets at the Canadian Tire Centre on Monday.

"Too late, boys, all sold out," said one fan as he was leaving about 15 minutes after tickets went on sale.

The Senators and Montreal Canadiens will play Games 3,

4 and, if necessary, Game 6 in Ottawa in the highly anticipated first round NHL playoff series.

Eric Peters grew up loving the Canadiens but now cheers for the Sens because his 11-year-old son is a huge fan. He was disappointed that the only tickets he was able to buy were for a game that is not guaranteed to happen.

"I was able to get tickets for Game 6 which was quite surprising actually," said Peters near the Canadian Tire Centre ticket area. "I thought this would be quicker than the Internet, because it always blocks you out, but it wasn't."

Peters was also displeased that the ticket prices for the game were higher than he had

hoped.

Dynamic pricing, a regular practice in sports entertainment, allows the price of tickets to be adjusted for different games and increase for the playoffs.

According to the Capital Tickets website, tickets for first-round playoff games ran between \$90 and \$260.

"It's unbelievable that they have a legal right to do that," Peters said.

But the early bird gets the worm and some fans, such as John Ferrari, had better experiences. Ferrari arrived at the arena about two hours before tickets went on sale and was at the front of the line.

"It's been a phenomenal run,"

said Ferrari. "If they can make it all the way, I'd love to see it."

Wes Chen, who describes himself as a diehard Sens fan, was able to score tickets to all of the Ottawa home games in the series.

"From what I was hearing up at the box office, I was happy to get them at all," said Chen.

NICHOLAS HODGE/FOR METRO



Premier Kathleen Wynne listens to a question from the media during an announcement which outlined a cap-and-trade deal with Quebec aimed at curbing greenhouse emissions, in Toronto, Monday. CHRIS YOUNG/THE CANADIAN PRESS

Premier leads way

CARBON TRADING

Ontario joins cap-and-trade market with Quebec

Three quarters of Canada's 35 million citizens will soon live in jurisdictions with a price on carbon after Ontario announced Monday it is joining Quebec and California in a cap-and-trade system the federal government lampoons as a "job-killing carbon tax."

Premier Kathleen Wynne and Quebec's Philippe Couillard signed off on the carbon trading market in Quebec City after Wynne had earlier announced the initiative in Toronto. They join B.C. and Alberta as carbon-pricing provinces.

"Call it carbon pricing, cap and trade, a market mechanism or — I believe it's mislead-

ing — but if you must, go ahead and call it a tax," Wynne said in Toronto. "Most of us will not be fooled because for most of us the label is not important. What's important is that we make progress."

The move upstages Tuesday's meeting in Quebec City of provincial and territorial leaders, who agreed last year to plot out a national strategy on energy and climate policy in the absence of federal leadership.

A report last week from a blue-chip panel of economists asserted carbon pricing is the most efficient and effective way to meet Canada's carbon-reduction goals — and that provincial governments were best situated to design their own programs.

The Conservative government, which ran on a platform in 2008 that included a cap-and-trade policy, nonetheless maintains any effort to price carbon is an economy killer.

"We oppose carbon taxes and any schemes that seek to raise revenue — either directly or indirectly — from hard-working Canadians," a spokesman for Environment Minister Leona Aglukkaq said in an email. Ted Laking did not directly criticize the provinces, but instead aimed his fire at Liberal Leader Justin Trudeau, who has promised to give the provinces free rein to design their own programs while imposing national carbon-cutting targets. THE CANADIAN PRESS

EDUCATION

Defer choice until Grade 10, group urges

An Ontario education advocacy group says making students choose between academic and applied courses in Grade 9 is putting many at a disadvantage.

The group People for Education has released a new study it says "points to a continued failure rate for students in applied courses" compared with those in academic courses.

The report cites a study by the Toronto District School Board that found only 40 per

cent of Grade 9 students taking mostly applied courses had graduated in five years, compared to 86 per cent among those taking academic courses.

The group says applied and academic courses were introduced in 1999 to allow students with different learning styles to keep their options open, rather than choosing between vocational, college or university tracks.

But it says students still end up divided into separate tracks

and rarely switch between them.

The survey of nearly 1,200 schools found 60 per cent of students who take applied mathematics in Grade 9 take the majority of their courses in the applied stream — and only three per cent of principals report that students transfer often between

40%

Percentage of Grade 9 students taking mostly applied courses who had graduated in five years.

applied and academic courses.

People for Education says Grade 8 is too early to ask students to make decisions about their future that could be "potentially binding." It wants the choice between applied and academic courses to be delayed until at least Grade 10.

THE CANADIAN PRESS

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+ EMISSIONS

Oil and gas left out

The Conservatives have promised to regulate emissions on a sector-by-sector basis, but have refused to address the oil and gas industry that Environment Canada projections show will drive up Canada's overall emissions.

VANCOUVER

Arrest made in Ryan Reynolds hit-and-run

Vancouver police have recommended a charge of intimidation against a 52-year-old photographer whose car allegedly struck actor Ryan Reynolds.

Const. Brian Montague said the men were involved in a confrontation Friday evening, and Reynolds was hit as the man tried to escape from an underground hotel parking lot.

"There was no substantial injuries at all," Montague said Monday.

He said officers have spoken with Reynolds, who had a sore knee and back but was OK to return to work the next day.

Montague said police spoke with several people, pulled security video and identified

+ INTIMIDATION

Uncommon charges

Montague said a charge of intimidation is uncommon and applies to someone who persistently follows someone or watches where a person works or lives.

a suspect "quite early."

He said a man from Richmond, B.C., was arrested at the police station and remains in custody. His car has been seized.

Vancouver-born Reynolds is in the city to film his new movie, titled *Deadpool*.

THE CANADIAN PRESS

EVENTS

'Slut Whisperer' not appearing in Halifax



Stephanie Taylor
Metro | Halifax

The scheduled appearance in Halifax of a notorious New York party photographer, nicknamed the "Slut Whisperer," has been cancelled, after the venue's manager says the photographer's persona violates his "values as a human being."

Chris Tzaneteas of the Argyle Grill & Bar says he had no clue who Kirill Bichutsky was until Friday, when the bar began receiving complaints from people calling the photographer a misogynist.

Bichutsky had been booked by a local promoter to appear with adult film star Christy Mack for an event Saturday.

His website features photographs of naked, intoxicated women in nightclubs receiving what he calls "champagne

facials." On Twitter, he also makes explicit sexual comments about women.

In response to criticism about his slated performance in Halifax, Bichutsky tweeted: "So many fat girls from Nova Scotia are mad that I'm coming to a party. You're not gonna get into the party anyways. Cats can't be your +1."

"When I saw what kind of tweets he sends out ... the decision was quite easy. Obviously this guy doesn't stand for our values at the Argyle," Tzaneteas said on Monday.

Tzaneteas said he met with the promoters over the weekend, when it was decided the event would still take place, but without Bichutsky.

Given the bad headlines to emerge from Halifax, beginning with Rehtaeh Parsons' sexual assault to the Dalhousie Dentistry scandal, he believes Bichutsky's antics have no place in Halifax.



Western Canada Marine Response Corporation crews replace oiled boom around the MV Marathassa with clean containment boom after an estimated 2,700 litres of fuel spilled from the ship on April 8. COURTESY CITY OF VANCOUVER

Cleanup continues in B.C.'s English Bay

ENVIRONMENT

Coast guard commissioner praises response time



Emily Jackson
Metro | Vancouver

Five days after the toxic fuel spill in English Bay, the Canadian Coast Guard is brushing off criticism and instead defending what its commissioner called an "excellent response."

Commissioner Jody Thomas told reporters at a news confer-

ence Monday she is "enormously pleased" with the integrated response from the coast guard, Transport Canada, Environment Canada and West Coast Marine Response Corporation.

"I think the evidence speaks for itself — the water is clear, the beaches are getting cleaned," Thomas said, adding there is a negligible amount of fuel left in the Burrard Inlet after an estimated 2,700 litres spilled from the MV Marathassa on April 8.

But beaches in Vancouver and the North Shore remain closed, and volunteers who signed up to help with the cleanup are asked to stay away due to the nature of the substance, Thomas said.

"It's best to have trained pro-

fessionals in HAZMAT gear," she said. There is no timeframe for when the beaches will re-open.

Environment Canada is also expanding its wildlife care centre at the HMCS Discovery base in Stanley Park and has hired Focus Wildlife, an emergency response organization, to help save the waterfowl, migratory birds and ducks affected by the spill. Birds affected by oil have been spotted as far away as Jericho Beach and Vanier Park. Crews are monitoring both sites.

Transport Canada has isolated the cause of the spill to mechanical problems with piping and valves, and an inadvertent discharge from the duct keel of the ship, marine safety director

Yvette Myers said.

It will take "days or weeks" to determine exactly how much oil spilled based on the vessel logs, the amount of oil initially loaded, the amount of fuel burned and how much remains in the duct keel, Myers said.

The owners of the MV Marathassa, a brand new ship on its way to Vancouver from Japan to pick up grain, are cooperating with the investigation and will be responsible for the cost of the cleanup.

As the clean up bill continues to grow, the coast guard is pleased with its response, which they say saw crews wrap 1,110 metres of boom around the ship in the middle of the night.

PRINCE EDWARD ISLAND

'It was revenge': Man sentenced in killing of a father and son

A Prince Edward Island man killed a father and son to avenge the death of his sister in 1970, court heard Monday as he was ordered to serve 35 years in prison before he can apply for parole.

Alfred Guy Vuozzo was given an automatic life sentence after pleading guilty to first- and second-degree murder in the shooting deaths of Brent McGuigan, 68, and his son Brendon McGuigan, 39.

At Vuozzo's sentencing hearing in provincial Supreme Court in Charlottetown, Crown lawyer

John Diamond read an agreed statement of facts describing the motive behind the fatal shootings near Montague last summer.

Diamond said Brent McGuigan's father was the driver of a vehicle involved in a collision that killed Vuozzo's nine-year-old sister 45 years ago.

The execution-style slayings last year of Brent and Brendon McGuigan were among the worst in the province's history, Diamond said, adding that Vuozzo murdered the men knowing that they had no direct

connection to the accident other than being related to the driver.

Vuozzo, 46, has suffered from depression for years and on Aug. 20 he went to the McGuigan household where he shot the men multiple times with a handgun to seek retribution for his sister's death, Diamond said.

"It was revenge," Diamond told the court. "He was a cold-hearted and calculated individual."

Before he was sentenced, Vuozzo addressed the court. He said he has been tormented

+ COURT

There were several emotional outbursts in the courtroom. After the sentencing decision was read, Vuozzo cursed and screamed, resisting the officers as he was taken from the courtroom while members of the public cried and yelled back at him.

since Brent McGuigan's father received a nine-month sentence for the crash that killed his

sister.

"That's all her life was worth," said Vuozzo, who was two years old at the time of the crash. "She only had nine years in this world. And nobody cared."

"It's haunted me all my life."

The provincial court in Charlottetown could not confirm Monday that Brent McGuigan's father was sentenced to nine months in prison for the accident.

More than a dozen victim impact statements were submitted with the court. In one

of them, Brent McGuigan's only daughter Donna said she has become consumed with hatred as a result of the killings.

"I feel so much anger and hatred that it scares me," she told the court, sobbing. "I hate that they died this way and it haunts me."

Marie McGuigan, Brent's widow and Brendon's mother, said her life has changed forever.

"I pray to God everyday for strength," said Marie, who was home at the time of the murders and discovered the gruesome scene. THE CANADIAN PRESS



WHITE HOUSE SEN. MARCO RUBIO TELLS TOP DONORS HE IS RUNNING FOR PRESIDENT

In this March 30 file photo, U.S. Sen. Marco Rubio appears on The Five television program on the Fox News Channel in New York. Rubio, the young Florida senator who has been a favourite of the conservative tea party movement, on Monday took on Hillary Rodham Clinton in his first words as a presidential candidate. RICHARD DREW/THE ASSOCIATED PRESS

BLACKWATER

Ex-contractors get stiff sentences

A federal judge sentenced one former Blackwater security guard to life in prison and three others to 30-year terms for their roles in a 2007 shooting that killed 14 Iraqi civilians and wounded 17 others.

The carnage in Baghdad's Nisoor Square caused an inter-

national uproar over the use of private security guards in a war zone.

U.S. District Judge Royce Lamberth sentenced Nicholas Slaten, who witnesses said was the first to fire shots in the incident, to life on a charge of first-degree murder. The three other

guards — Paul Slough, Evan Liberty and Dustin Heard — were each sentenced to 30 years and one day in prison for charges that included manslaughter, attempted manslaughter and using firearms while committing a felony.

THE ASSOCIATED PRESS

Boko Haram ruins childhoods: Report

UNICEF FINDINGS

Published one year after mass kidnapping of schoolgirls

The children's drawings show men with guns, a coffin, a car exploding. One picture has stick-like figures of eight siblings missed by their teenage sister.

The disturbing images come from some of an estimated 800,000 children forced from the homes by Boko Haram extremists, according to a UNICEF report published Monday.

It says the number of refugee children has doubled in the past year, making them about half of all the 1.5 million Nigerians made homeless in the Islamic uprising.

"Children have become deliberate targets, often subjected to extreme violence — from sexual abuse and forced marriage to kidnap-

pings and brutal killings," the report says.

"Children have also become weapons, made to fight alongside armed groups and at times used as human bombs."

The nickname of Nigeria's home-grown Islamic extremist group, Boko Haram, means "Western education is forbidden" or sinful.

One picture in the UNICEF report shows stick figures of the eight siblings missed by Rita, a 14-year-old living in a refugee camp in neighbouring Chad with her mother, father and one younger sister.

They became separated when Boko Haram attacked the Nigerian town of Baga, and she knows how worried they must be.

"When you have your mother around, you (are) not worried about anything. But if she is missing ... you are worried the whole time," the report quotes Rita as saying.

Called Missing Child-

10.5M

The number of children absent from primary school in Nigeria has increased from 8 million in 2007 to 10.5 million — the highest figure in the world, it says. Boko Haram has targeted schools, destroying or severely damaging more than 300 and killing 314 students and 196 teachers, UNICEF says.

hoods, the report was published ahead of the first anniversary of the mass kidnappings the night of April 14-15, 2014, of nearly 300 schoolgirls from Chibok.

Dozens escaped on their own but 219 remain missing.

THE ASSOCIATED PRESS



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World Vision

Travellers confused by too many brands

HOTELS

Big chains try for boutique image to lure millennials

Today's traveller faces a bewildering choice of hotel brands with similar-sounding and confusing names. The world's 10 largest hotel chains now offer a combined 113 brands at various price points; 31 of those brands didn't exist a decade ago.

Thanks to high occupancy levels and cheap interest rates, developers are scrambling to build new properties. At the same time, hotels are trying to lure a new generation of travellers in search of authenticity. They want unique and hip places to sleep, not cookie-cutter facsimiles of hundreds of other hotels.

These so-called lifestyle hotels are the hot, new area for



Three hotels share the same building in New York City. Holiday Inn Express and Candlewood Suites are both Intercontinental Hotels Group brands, while Hampton Inn is a Hilton brand. The 10 largest hotel chains offer a combined 113 brands. MARK LENNIHAN/THE ASSOCIATED PRESS

growth. They are designed to attract millennials: travellers between the ages of 18 and 34 who, hotels say, aren't interested in marble bathtubs but might enjoy beanbag chairs.

"The big hotel chains are

in the business of pretending they aren't big chains. They want you to think they are boutiques," says Pauline Frommer, editorial director for Frommer's, the travel guide company founded by her father.

"The Internet has driven people to more niches. Everything is more segmented," says Best Western CEO David Kong. "Our six brands are actually six different needs."

THE ASSOCIATED PRESS

CUSTOMER SERVICE

Air carriers getting worse, data shows

More flights are late, more bags are getting lost, and customers are lodging more complaints about U.S. airlines, government data shows.

For the third straight year, Virgin America led the rankings. The niche airline with a limited route network was followed by Hawaiian Airlines and Delta Air Lines.

Regional carriers tend to earn the worst marks, say two university researchers who track the airline business. They fly smaller planes, so when airlines are forced to cut flights due to bad weather, they ground the regionals first to inconvenience fewer passengers. Envoy Air, which operates most American Eagle flights, finished last overall.

But the picture was also bleak at the four biggest U.S. airlines. On-time performance fell and complaints rose at American, United, Delta and Southwest. The researchers blamed mergers, which has reduced competition.

Dean Headley, one of the co-authors of the report, said airlines performed better after 2001, when travel demand fell

FINDINGS

Lateness

On-time flights arrival fell to 76.2 per cent last year from 78.4 per cent in 2013. Best: Hawaiian Airlines. Worst: Envoy Air.

Lost bags

Lost, stolen or delayed bags rose 13 per cent in 2014. Best: Virgin America. Worst: Envoy.

Overbooking:

Passengers bumped from flights rose 3 per cent. Best: Virgin America. Worst: SkyWest and its ExpressJet subsidiary.

and planes were less crowded. Airlines were also losing money. They returned to profitability when the airlines left after mergers limited flights to keep fares up. The average plane is now more than 80 per cent full. "They have put the same number of people in fewer airplanes," Headley said.

THE ASSOCIATED PRESS

IN BRIEF

Mobile payments now under credit card code

The code of conduct that governs credit and debit card transactions is being extended to apply to mobile payments as well, federal Finance Minister Joe Oliver said Monday.

The new rules also include a provision that says mobile users must be given full control of the default settings on their virtual wallets, Oliver said in making the announcement in Toronto. He also disclosed several other additions to the code of conduct, including a requirement that savings resulting from reduced credit and debit card fees be fully passed on to merchants. THE CANADIAN PRESS

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NATURAL GAS: \$2.511 (no change)
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Canada

Join Us for a Discussion on the Design of Urban Waterfronts

Tuesday, April 21, 7 pm to 8:30 pm
NCC Headquarters, Capital Urbanism Lab
40 Elgin Street, 5th Floor, Ottawa

The National Capital Commission (NCC) is pleased to invite the public to a discussion about best practices in the design of urban waterfronts. Situated at the confluence of three rivers and the world-renowned Rideau Canal, the Capital features numerous shoreline opportunities. This evening will provide inspiration, as we continue to plan for a more accessible and vibrant waterfront in Canada's Capital Region. Presenting at this event:

Christopher Glaisek Vice-President, Planning and Design, Waterfront Toronto
Chris Reed Founding Principal, Stoss Landscape Urbanism, Boston, Massachusetts

The public will have the opportunity to address their comments and questions to the expert panel.

Simultaneous translation will be available. Universally accessible.



Space is limited. Please RSVP to info@ncc-ccn.ca by noon, Monday, April 20, 2015.
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AD TRACKING

Bell Canada vows to kill customer profiles

Canada's privacy commissioner says Bell Canada has promised to delete all profiles created from tracking the cellphone use of customers in a program aimed for use in targeted advertising. Bell did not specifically confirm it was ditching the profiles, saying in a statement that it was complying with all the privacy commission's directives.

Meanwhile, the telecom giant said, it would reintroduce the program by seeking

explicit customer consent.

The office of Privacy Commissioner Daniel Therrien says it now considers the matter resolved.

The federal agency said last week that Bell should seek explicit customer consent if it wants to create profiles through cellphone usage that would be used in targeted advertising. Until Monday, Bell's earlier responses had not satisfied the privacy watchdog.

THE CANADIAN PRESS

Filing taxes tricky for U.S. same-sex couples

Tax day is an accounting nightmare for thousands of gay and lesbian couples as they wrestle with the uneven legal status of same-sex marriage in the United States. They live in a country that recognizes their marriages, but some reside in the 13 states that do not.

At tax time, it gets complicated because most state income tax returns use information from a taxpayer's federal return. Straight couples simply copy numbers from one form to another. But that doesn't

work for same-sex couples reporting combined incomes, deductions and exemptions on their federal tax returns. These couples must untangle their finances on their state returns, where they are still considered single.

After the Supreme Court struck down part of the Defence of Marriage Act in 2013, the IRS tax agency said it would recognize same-sex marriages for federal tax purposes, even if couples lived in states that did not. THE ASSOCIATED PRESS

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the big number

\$8M

A new study suggests that if all the 12-year-old boys in Canada had been vaccinated against HPV in 2012, between \$8 million and \$28 million might have been saved because of oropharyngeal cancers averted in that group. Currently only Prince Edward Island and Alberta offer HPV vaccine to boys as well as girls, with Nova Scotia announcing Friday it will follow suit in the fall. The Canadian Press

Take these tips to make this a fine cycling spring

YOUR RIDE

Kathryn Hunt



After this winter, I wouldn't blame you for having a little cabin fever, and wanting to make the most of the warmer weather.

And every spring, it seems, a few more people decide to try biking to work.

Many more probably think about it, but might be put off by the distance, the traffic or their perceived lack of fitness or experience.

So I asked a group of dedicated cyclists what they would tell someone who was considering making this spring the one where they give it a try.

Registering for Bike to

Work Month, in May, is a great motivator to start you off, said Kathleen Wilker, a board member at Citizens for Safe Cycling. The competitive aspect can be a good way to challenge yourself to keep it up.

One point all the cyclists seemed to agree on was that your first rides should be comfortable and low-stress.

That means scouting your route ahead of time, to find out how long it takes and to search for paths that avoid busy streets and tricky intersections.

Creating a route that skips these high-stress spots will make the ride much more enjoyable and easier to keep up with.

If you can integrate some of the 600 kilometres of multi-use paths running along waterways and through parkland, all the

better — even if it takes you longer, you'll enjoy the scenery and the ride.

It also means picking the right bike (or properly fixing up the one gathering dust in your garage).

"Seriously consider an upright bike," said CBC Radio's Giacomo Panico (also a cyclist). "Don't feel pressured to be 'speedy.'"

Other riders agreed you don't need a high-end racing bike: Simple, practical bikes are fine (and easier to ride).

A professional tune-up of an old bike can make it feel like new. And if buying a new bike, "Don't go cheap!" one said. "Too many people buy crap bikes, then get turned off because they're awful."

Along with that advice came suggestions to try different seats until you

find the right one for you. Treena Grevatt, a bike fitter at Bushtukah, emphasized that having your bike properly fitted makes riding much more comfortable.

If you're nervous about riding in traffic, ask an experienced friend to ride with you, or sign up for a traffic cycling course through CAN-BIKE. Knowing the rules builds confidence!

Underlying all their advice: Make it fun and comfortable for yourself, and you might learn to love it.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

ROSEMARY WESTWOOD

metroview

Hillary more status quo than feminist champion

There's a 1969 photo of Hillary Clinton in her university years, leaning back in her chair, looking a little badass in gaudy striped pants, one hand clasping a pair of round glasses.

She's mid-sentence, a slight smile.

"Let me tell you how it is," I imagine hearing her drawl.

It's the most appealing image I've ever seen of Clinton. She's young, yes, and in control rather than on guard. She has energy, suspense. I want to know what's next.

It's the opposite of the Clinton in Sunday's presidential announcement video, the Clinton who awkwardly compares her campaign to the lives of ordinary Americans (one woman, we learn, is planting tomatoes).

No, I'm not feeling any feminist love. I'm more like, "Do I have to?"

Because even if she makes history, it's unlikely she'll make life much better for women in the U.S. or elsewhere.

Sure, it's time for a woman to lead the world's most powerful country. It's long been time, and it's now well past time.

Clinton's even embracing her womanhood this time, we're told, championing the women's issues she's advanced (like women's and girls' rights in foreign policy).

But there are no surprises in that video. It's about as politically galvanizing and feminist as a car commercial.

I'd rather be watching the

Clinton of the 1992 cookie comment video, because women are still fighting to get out of the proverbial kitchen. (Ask yourself: Who cleans up the office dishes?)

"I could have stayed home and baked cookies and had teas, but what I decided to do was fulfil my profession," Hillary told media. Hear, hear, Hillary! Though to modernize the message: I choose both!

I can't fault Clinton for appearing weathered by the decades since, the building of presidential-worthy experience as a political operative, senator and secretary of state.

But she's become the status quo, a woman version of any Democratic president, not a feminist champion.

Little girls might look up to her, but "I don't want to put the expectation on Hillary to be a different president than an establishment big party product," noted Elizabeth May (a Clinton friend).

Plus, there's no guarantee others will follow (see Margaret Thatcher in the U.K., where women are only 23 per cent of lawmakers).

The Clinton Foundation's own report (released yesterday) shows women's advancement in politics has been dramatically stalled. In Canada, women fill one quarter of federal and provincial seats.

So I'm not going to fawn too hard over Clinton. I've got to save my energy. I'm 29, and I have a lot more living in a man's world to do.

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PHILOSOPHER CAT
by Jason Logan





Mosh pits and wet kisses

Among the emerging artists who played at the Coachella festival's final day were the Danish electropop singer MØ, who overcame technical problems to deliver an impassioned set in which she twice went crowd-surfing, and the Welsh-born pop singer Marina and the Diamonds, who had a giant crowd singing along to her advice song, *How To Be a Heartbreaker*.

Stromae Belgian singer Stromae, a sensation in the French-speaking world, delivered a riveting performance of his danceable yet intelligent pop tunes.

In an unusual scene for a non-English-language artist, hundreds of U.S. fans sang along as best they could with Stromae on songs such as *Papaoutai* with its refrain — *Papa, ou t'es*.

The song, which like much of Stromae's work brings in African musical in-

fluences, revolves around his absent father who died in the 1994 Rwandan genocide.

Stromae showed a flair akin to theatre acting as he kept the crowd engaged over a 50-minute set.

For *Formidable*, about a boozy catharsis after heartbreak, Stromae pretended to be stumbling drunk and had his bandmates carry him off stage.

Stromae — whose album *Racine Carrée* was the top seller in France in 2013 and again in 2014 — has been rising in popularity in the U.S. and will play at New York's Madison Square Garden in October.

Desaparecidos Rebelling against the frivolity that surrounds so much of Coachella, Conor Oberst's reunited punk band the Desaparecidos brought to the festival an ear-splitting rage on the course of modern America.

Oberst, best known as the force behind Bright Eyes, emerged in the late 1990s as a beacon of emotional awareness for a generation of sensitive youth.

But as the frontman of the Desaparecidos, he also delivered a blistering critique of consumerism and Bush-era foreign policy on the band's 2002 album *Read Music/Speak Spanish*.

The Desaparecidos will release a second album, *Payola*, in June that updates the anger by a decade.

Songs include *MariKKKopa*, a furious indictment of Arizona's campaigns against undocumented



MØ crowd-surfs in the audience during Day 3 of the 2015 Coachella Valley Music & Arts Festival this past weekend. ALL PHOTOS GETTY



ed immigrants, and Anonymous, a tribute to jailed WikiLeaks source Chelsea Manning.

The Desaparecidos played from both albums at Coachella, although the uninitiated likely missed the lyrics as the band defiantly cranked up the bass so high that many in the audience stuck fingers in their ears.

Oberst also offered one of the few allusions at Coachella to California's drought — easily forgotten amid the festival's green lawns and water spray guns — as he dedicated his final song to the desert area's "useless golf courses." AFP

MADONNA-DRAKE KISS

Madonna startled tens of thousands by making out with Drake in an unexpected climax to Coachella. The pop superstar was not scheduled to appear at the festival but walked on stage Sunday night as Drake performed a song named after her — in which the rapper boasts that he can get with a girl as big as Madonna.



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Comfort that goes the distance

FITNESS

Ways to recover after a marathon

For those preparing to run a marathon in the coming days or weeks, it's not too soon to start planning the recovery period. Plenty of rest, water and healthy food are among your best allies after an endurance run.

Drink up

Marathon runners can lose up to five per cent of their total body weight during the race, or around four to five litres of fluids on average. Be sure to drink plenty of fluids during the hours after you cross the finish line, whether you prefer water, fruit juice or sports recovery drinks.

While it may be tempting to celebrate with a beer, alcoholic drinks are best avoided in the days following the race, as your liver is already working overtime to eliminate toxins.

Soothe aches with heat

To aid the recovery of the muscles and tendons, don't hesitate to apply heat packs to your legs. Hot baths, saunas and warm massages are also excellent for relaxing the body and the mind.

Watch what you eat

The post-marathon diet plays several key roles in aiding recovery. Eating plenty of protein and dairy can help the body repair damaged muscle tissues and rebuild its reserves of various nutrients lost during the race. Certain fruits and vegetables, meanwhile, can aid in the elimination of the toxins and waste



Magdalene Masai of Kenya competes in the Women's 3000 Metre Steeplechase during the IAAF Melbourne World Challenge last month. GETTY IMAGES

HAPPY FEET

To prepare your feet for several hours of pounding the pavement, rub them with lemon juice to remove dead skin cells before applying an anti-friction blister prevention cream.

produced during the intense effort. Finally, slow-burning carbs will help the body restore its energy reserves. Avoid the temptation of overdoing it after the race, as your digestive system is likely also still recovering.

Take it easy

Experts recommend taking at least five to 10 days off from any form of intensive exercise after a marathon to give the muscles and tendons plenty of time to recover. When you decide to train again, start off slow with gentle exercise such as walking, swimming or biking. When you feel ready to run again, limit yourself to around 30 minutes per session over the course of a few weeks. AFP

+ RUNNING MATE

Distance running may have evolved as desirable male trait, research says

Men with strong reproductive potential tend to be better at distance running, according to a new study from



Endurance ability is a desirable quality. ISTOCK

the University of Cambridge published in the journal PLOS One. In the hunter-gatherer age, females likely judged potential mates by their ability to run, an indicator of being able to provide well. "The observation that endurance running ability is connected to reproductive potential in men suggests that women in our hunter-gatherer past were able to observe running as a signal for a good breeding partner," says lead author Dr. Danny Longman. AFP

HEALTH

Egg freezing not a fertility panacea

Women who are considering having their eggs frozen to prolong fertility should be aware there's no guarantee they will have a baby, despite spending thousands of dollars on the retrieval procedure and storage, researchers say.

In an analysis published Monday in the Canadian Medical Association Journal, the researchers say primary-care doctors need to counsel women that so-called social egg freezing isn't insurance against future infertility and point out the high cost and medical risks of in-vitro fertilization.

"It's really getting marketed like it's a backup plan, it's insurance," said lead author Angel Petropoulos, a post-doctoral fellow at Dalhousie University. "The problem is that the success rate isn't really that great."

"It's not guaranteed, so you can spend all this time, energy and money investing in egg freezing and think you're covered, and when it comes down to it 10 years down the line, the IVF won't result in a live birth," she said from Halifax.

Egg freezing has been used for some time to preserve fertility in young women and girls treated for cancer, for instance. But more women who are delaying motherhood to build a career or who have not yet met a suitable

partner are also electing to cryopreserve their ova.

Females are born with all their eggs, or oocytes, but over time they begin to diminish in number and degrade in quality. To protect or preserve fertility, a number of eggs can be retrieved following hormonal stimulation of the ovaries, then flash-frozen and stored.

In Canada, each stimulation cycle costs \$5,000 to \$10,000, with annual storage fees ranging from \$300 to \$500, depending on the clinic, the researchers write.

In October, the Canadian Fertility and Andrology Society released a position paper on egg freezing, describing it as "an option for women wishing to preserve their fertility in the face of anticipated decline." That contradicted a position statement by the American Society for Reproductive Medicine and the American Society for Assisted Reproductive Technology (ASRM-SART), which cautioned against the practice.

Petropoulos said the U.S. statistics show the IVF pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent — and that's primarily among women who had their ova preserved before age 30.

THE CANADIAN PRESS



The pregnancy rate using frozen and thawed eggs is only 4.5 per cent to 12 per cent. ISTOCK

We need to talk.

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1310 News
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Singer Allie X is building a mystery

COLLXTION I

Electro-pop singer maintains a veiled persona

Toronto-raised pop artist Allie X has carefully cultivated an air of secretive mystery, speaking of her upbringing sparingly, and somewhat reluctantly.

The soft-spoken songwriter insists, however, that she is gradually revealing more of herself — she's just doing it at her own pace.

"My relationship with the public I want to be very much like any other relationship, where you get to know each other a bit before you reveal information," she said in a recent telephone interview. "In my way, I am revealing personal information, with the story that I'm telling."

She's referring to the "abstractified autobiography" of CollXtion I, a short electro-pop album that doubles as an ambitious multimedia, multipart project spanning comic books, graphics, videos, digital installations and even a physical ex-



Allie X says her latest album, CollXtion I, tells the story of a girl who disconnects from her shadow. THE CANADIAN PRESS/HO

hibit (titled XHIBIT), upcoming at Montreal's Phi Centre.

The opaque mythology surrounding the seven-song set and accompanying series is probably best explained by her: "It's the story of a girl who spins so hard that she becomes separated from

her shadow and they reverse worlds, so the shadow is in the quote-unquote real world, pretending to be real, and the girl is stuck in the shadow world."

"The story of X will be about their journey to reunite," she added.

That elaborate backstory is starkly contrasted by the straightforward impact of Allie X's sleekly futuristic pop, which could hardly be more immediate.

After bouncing around the Toronto indie scene, Allie shifted to L.A. and spent years polishing her

chops as a songwriter. Classically trained as a pianist and singer (one of the few personal details she's willing to confirm), she won a crucial early endorsement from Katy Perry, who tweeted that she was "obsessed" with Allie X's early single Catch.

CONFIDENCE

Never mind the nerves

Allie X does admit she gets nervous onstage. "In general, everything I do lacks a balance — it tends to be one extreme or the other, and this is no exception," she explained. "I'm either cripplingly insecure or overly confident. My crippling insecurity, I battle it by being very confident in the work that I put out."

That tune, a spurned-lover yarn, reached No. 55 on the Canadian Billboard chart. That was a year ago, and Allie X has spent the interim polishing her accompanying visuals, writing more music, and preparing her highly stylized look. And she realizes she's not the first new artist to use curated mystery as a PR strategy.

"The Weeknd and Lana Del Rey, I think they both got to sort of pioneer this new 'star is born of the Internet age' thing," she explained. "I won't deny that I was inspired by that."

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CAMP GUIDE

Find out which camp is right for your kids

With so many summer camps to choose from, picking the right one for your kids can often be a daunting and confusing task.

To figure out which camp best suits your child, the Ontario Camps Association (OCA) recommends parents start by sitting down as a family to answer the following questions:

- What do you and your child want to gain from the camp?
- What are the special interests that your child wants to explore?
- Are there any physical, intellectual or social limitations that should be considered?
- What kind of environment will your child benefit from the most?
- Is your child ready for an overnight or a day camp experience?
- What type of camp fits best with work schedules and family vacation times; and

• What does it all cost?

Once you have identified your family's summer camp criteria, it's time to create a list of programs that meet your needs — spend some time looking into what each camp has to offer, choose the ones you're most interested in and arrange to meet with the camp directors who will be able to answer any questions you may have.

Lastly, feel confident in your decision; the OCA believes parents who send their kids to camp are giving them an experience that will reap benefits for years to come and recent Canadian research backs that claim.

In 2011, a team at the University of Waterloo released The Canadian Summer Camp Research Project, a five-year study that looked at children's participation in summer camp.

That study concluded that attending



SHUTTERSTOCK

camp “promotes positive change in five key areas of development: social integration and citizenship, environmental awareness,

attitudes towards physical activity, emotional intelligence and self-confidence and personal development.”



Summer Camp

June 22nd – September 4th

Full Day (age 4-12) and Half Day (age 3-5) camps available



Fun and exciting themed activities each week
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330 Vantage Dr., Orleans, Ont. 

Tumble into summer gymnastics

For the budding gymnast in your family, Tumblers Gymnastics Centre offers 11 weeks of full and half day summer programs for both beginners and seasoned gymnasts.

Their experienced staff deliver an exciting weekly program of themed activities that will keep your child active, developing new gymnastics skills and most importantly, having fun.

This summer's camp themes include Disney Pixar, Jungle Fever, Fun in the Sun, Shark Week, Survivor, Cirque du Tumblers, Superheroes and more.

Full Day Camp (age 4+) 9 a.m. to 4 p.m.

- Three hours of gymnastics daily in Tumblers' fully equipped gym.
- Fun and exciting themed activities each week.
- Included — pre-care from 7:30 a.m. and post-care until 5:30 p.m., camp T-shirt, Friday Pizza Party.

Half Day Camp (ages 3 to 5) 9 a.m. to 12 p.m.

- One hour of gymnastics daily in Tumblers' fully equipped gym.
- Fun and exciting themed activities each



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week.

- Included — pre-care from 7:30 a.m. and a camp T-shirt.

Tumblers Gymnastics Centre offers multi-week and multi-child discounts and welcomes children of varying needs and abilities into their summer camp program. For more details, visit tumblers.ca.

Summer learning at Ashbury

Ashbury College's summer programs offer engaging curriculum for boys and girls between the ages of 7 and 17. Ashbury offers interactive courses for high school credit, for skill development and for high school and SAT preparation.

Choose from camps with a focus on art, drama, music, technology and tools, Clay-mation and sports. Or specialize with our academic programs targeting study skills, reading and French.

News this year is our IB Prep program that gives students who are either entering, or considering, IB a chance to experience the IB curriculum and acquire strategies for success.

Summer at Ashbury is a great opportunity for students to live the Ashbury experience. We offer the same high-quality classes and personal interaction with our faculty during the summer that we do during the regular school year.

Whether you are looking to learn a new talent or improve existing ones, Ashbury's summer programs are a great way to get



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ahead.

All programs are offered on our stunning, historic campus in the heart of Rockcliffe. June and July camp programs are for children 7 to 13, academic programs for children 7 to 17.

For more information or to register, visit ashbury.ca/summer

New specialty programs at Dovercourt summer camps

For nearly 30 years, Dovercourt Recreation Association, a not for profit charitable organization, has offered a variety of exciting summer camps for kids of all ages.

In addition to the dozens of annual favourites, Dovercourt adds new specialty programs and themes each summer, and this year is no exception.

In partnership with Ottawa City Adventures and Wilderness Tours, the new White Water Adventure program offers campers a full week of adventure on the Ottawa River — explore the river by raft and kayak, all while learning about moving water and river ecology.

There is also a full lineup of new pro-



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grams in partnership with the Bluesfest School of Music and Art, which offers young musicians a chance to learn from industry professionals, develop their skills, define their image and build confidence.

This year, Dovercourt has also partnered with the Rockcliffe Flying Club to offer a

weeklong program for future pilots. Participants of the Flying Club will spend a week exploring the world of aviation, starting with lessons in ground school. They'll test their skills in the flight simulator, and then take to the skies in a Cessna 172 aircraft with a professional pilot.

For camp dates and prices, visit dovercourt.org.

Summer @ Ashbury COLLEGE

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MORE INFO... dovercourt.org



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Attention young thespians

For the young, aspiring thespian, Ottawa Little Theatre, the oldest on-going community theatre in North America, offers summer camps for kids and teens.

For children ages nine to 12, Ottawa Little Theatre offers a variety of programs that vary from week to week with themes like clowning, musicals and classical theatre. Sign up for a week-long program or enroll your child for multiple weeks throughout the summer.

For youth ages 13 to 17, two week workshops are available that focus on one style of theatre. Campers will discover what makes that style unique, the special skills needed for that form of theatre and will perform on the

main stage with costumes, set pieces, lighting and sound effects.

Not only are Ottawa Little Theatre's summer camps fun, they also helps kids strengthen their self-confidence and build teamwork skills.

The Ottawa Little Theatre weekly summer camps start July 6 and run through August 21. All camps take place daily from 9 a.m. to 4 p.m. with a Friday afternoon performance from 4 to 6 p.m. Before and after care is also available.

All classes and performances will be held at Ottawa Little Theatre, 400 King Edward Avenue. To register, call 613-233-8948 or visit ottawalittletheatre.com.

Learning the fashion essentials

For the budding fashionista in your family, the Richard Robinson Youth Fashion Summer Camps offer an overview of what it takes to become a fashion designer.

Throughout the week, participants will learn how to sketch fashion silhouettes, design garments, experiment with different mediums and develop their creativity. They'll conceive simple projects and apply techniques they learn in sewing, pattern making and textile transformation.

Campers will get the chance to experiment with different fabrics, play with dyes and paint for textiles, learn beading and embellish with a wide variety of beads, sequins and lace.

Ages 8 to 10:

• Sleep Over — from July 6 to 10 or August 10 to 14 (\$300)

Projects: sleeping mask, pillow, drawstring bag, sketching

• Art Lover — from July 13 to 17 or August 17 to 21 (\$300)

Projects: personalized apron, bag for paint



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brushes, pencil crayons, sketching

Ages 11 to 17:

• Beginner Day Camp — from July 6 to 17 or July 20 to 31 (\$600)

Projects: fashion sketching, pin cushion, bag, one article of clothing

• Advanced Day Camp — from August 10 to 21 (\$600)

Projects: three articles of clothing, fashion illustration, accessories

For details, call Richard Robinson Fashion School (447 Sussex Dr.) at 613-241-5233 or visit richardrobinson.com.

Summer Drama Camps

ages 9-12
9 a.m. - 4 p.m.

Week 1: July 6
Week 2: July 13
Week 3: July 20
Week 4: July 27
Week 5: Aug. 10
Week 6: Aug. 17

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Art lover - July 13 to 17 - \$300
Sleep over - August 10 to 14 - \$300
Art lover - August 17 to 21 - \$300

For 11 to 17 Years Old

Beginner - July 6 to 17 - \$600
Beginner - July 20 to 31 - \$600
Advanced - August 10 to 21 - \$600





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ONLINE www.richardrobinson.com Visit the "Youth Summer Camps" section and fill out the form.
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RICHARD ROBINSON



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Carleton U offers sports, arts, writing summer camps

*Newly introduced football
camp returning this year*

For more than 40 years, Carleton University has been offering some of the finest sports camp experiences in town, boasting both top-notch facilities and staff.

The Carleton University Summer Camps offer a full range of single and multi-sport camps for kids ages four to 17, including basketball, hockey, ringette, soccer, leadership, tennis, and now, football.

After its launch last summer, Ravens' Football Camp returns this year, an intensive, week-long camp that features both on and off-field coaching, a Ravens jersey and daily cafeteria lunch.

The camps make full use of the wide range of Carleton University's modern facilities, including the Ravens' Nest Gymnasium, Fieldhouse, Olympic-sized swimming pool with diving well, squash courts, tennis bubble, Norm Fenn Gymnasium, and its two turf fields.

Many of the instructors are athletes from the Carleton University Varsity programs. Camp staff are also First Aid and CPR certified and have participated in extensive staff training with high focus given to emergency procedures and age-appropriate sports and recreation programming.

Recently, Carleton University expanded its summer camp programs to run programs in partnership with other departments on campus, including the department of English and literature and the Carleton University Art Gallery — these camps are ideal for those who love to be active and creative.

Camp goers spend half the day occupied and active with a range of indoor and outdoor sporting activities. The Art and Sport Camps spend the rest of the day with qualified art instructors at the award-winning Carleton University Art Gallery, learning about Canadian art and creating their own masterpieces. The Creative Writing Camp will spend the rest of their day at McOdrum Library Discovery Centre being exposed to the various genres and will create their own unique written pieces. At the end of the week, each child will take home a personal portfolio of their camp writing.

For more information on Carleton University Summer Camps, including dates and registration fees, visit athletics.carleton.ca/camps, call 613-520-4480, or email ravens@carleton.ca.

The Carleton Sports Camp Advantage

For over 40 years, Carleton University has been offering Ottawa's finest sports camp experience for kids aged 4 to 17. Check out our wide variety of sports camps and children's programs offered this summer.

athletics.carleton.ca/camps

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Soccer Camp • Art and Sport Camp
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CARLETON
ATHLETICS



Fun with languages

French Camp offered as well as Spanish, Japanese and Serbian

Enhance your child's language skills this summer. Ottawa Carleton District School Board is offering "Les Amis" French Camp, "Los Amigos" Spanish Camp, and new this year, Japanese Camp and Serbian Camp.

The camps run July 6-24, 2015 at Lady Evelyn Public School, 63 Evelyn Ave., starting at \$130/week. These camps, for children five to 12 years, offer a variety of indoor and outdoor activities in a friendly atmosphere, and are co-ordinated by competent and energetic camp counsellors. Music, games, reading, crafts, and group projects are designed to encourage children to explore the language and culture while having fun.

French Camp runs from 9 a.m. to 4 p.m. (with half and full-day options); and Spanish, Japanese and Serbian Camps



SHUTTERSTOCK

run from 1 to 4 p.m. Pre/post care is also available.

SUMMER INTERNATIONAL LANGUAGE PROGRAM

The OCDSB also offers International Language courses (free for Ontario residents) in the morning at other locations. The classes run from July 2 to 24, 2015.

The language courses offer children an opportunity to learn and/or maintain a language other than English and French and to develop an appreciation for diversity.

For more information, visit online at InternationalLanguagesinOttawa.com or call 613-239-2703.

Ollson summer hockey helps with on-ice skills



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Leading the way in hockey training in Ottawa for the last 20 years, Ollson Sports Group offers future NHL players summer camps and clinics to enhance your child's on-ice skills.

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Program development is led by the director of Ollson Sports Group, John Ollson, a professional hockey player with more than 30 years of hockey training experience.

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- only 24 players will be selected

BATTLE CAMP SESSIONS – HIGH INTENSITY

- runs from August 10 to 14, 2015
 - open to competitive players, ages 8 to 15
- ## OPEN SESSIONS
- runs from August 17 to 21, 2015
 - open to players of all levels, ages 6 to 15

Ollson Sports Group also offers Intense Training Sessions with John Ollson. These one-hour, semi-private sessions consist of 20 skating and puck handling drills with emphasis on corrective repetition. Passing, shooting, and checking skills are also covered using more than 50 drills or variations to enhance each player's ability. Intense training for goalies is also available. Visit ollsonsportsgroup.ca.

Have fun this July!

Summer Language Experience 2015



For students 5-12 years old:

- International Language Classes (July 2-24)
- "Los Amigos" Spanish Camp (July 6-24)
- "Les Amis" French Camp (July 6-24)
- "Tomodachi" Japanese Camp (July 6-24)
- Serbian Camp (July 6-24)

For details, please call 613-239-2703 or visit InternationalLanguagesinOttawa.com

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The Senators are preparing for another series against the Canadiens. Ottawa knocked off No. 2 Montreal in five games in the first round of the 2013 playoffs. TOM MIHALEK/THE ASSOCIATED PRESS



Max Pacioretty (upper body injury) took part in the Canadiens' practice Monday but still isn't sure if he'll be ready to play in Wednesday night's series opener. PAUL CHIASSON/THE CANADIAN PRESS

Comfortable and confident

OTTAWA SENATORS

And after red-hot run to set up clash with Habs, why not?

Pardon the Ottawa Senators if they don't feel like underdogs heading into their first-round playoff series against the Montreal Canadiens.

While the Canadiens finished the season atop the Atlantic Division and will be considered the favourites when the series kicks off Wednesday night at Bell Centre, the Senators finished on an impressive 23-4-4 run to surge into the first wild-card spot in the Eastern Conference.

With that kind of momentum going into the post-season, Senators head coach David Cameron was understandably confident about his team's chances of advancing to the next round.

"I expect to win (the series)," Cameron said. "I'm sure the guys in the room expect to win it."

"I'm sure Montreal expects to win it. I would be really disappointed going into a playoff series if we didn't expect to win it. I would be shocked."

Recent head-to-head ex-

amples back up Cameron's claim.

Seventh-seeded Ottawa knocked off No. 2 Montreal in five games in the first round of the 2013 playoffs.

And the Senators matched up well against the Canadiens this year winning the season series 3-1, but it should be noted two of those wins came against backup goaltender Dustin Tokarski instead of Hart Trophy candidate Carey Price.

The Senators relied heavily on the goaltending of rookie Andrew Hammond down the stretch.

Hammond, who finished the season with an impressive 20-1-2 record, will be making his Stanley Cup playoff debut.

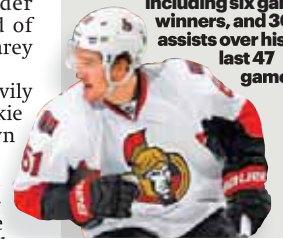
"My approach is just going to stay the same," Hammond said.

"At the end of the day we feel like we've been playing playoff hockey for a while now. We've been playing a lot of close games and our approach has gotten us this far and I'm no different, so I don't see the point in really changing things."

Throughout their late run the Senators had a number of different players contributing, but no line was more impressive than the trio of Clarke MacArthur, Kyle Turris and Mark Stone.

15-of-21

The MacArthur, Turris, Stone line factored in 15 of the Senators last 21 goals, with the 22-year-old Stone, pictured, providing the biggest impact. The rookie winger had 18 goals, including six game-winners, and 30 assists over his last 47 games.



The Senators also received significant contributions from several of their young players.

Forwards Mike Hoffman and Mika Zibanejad and defenceman Mark Borowiecki gained invaluable confidence and experience playing down the stretch.

"That's what winning does," Cameron said.

"Everybody brings something to the team, and when your team wins I think they feel that much better about what they bring. It's usually an easier sell when the team is winning."

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Betts' versatile brilliance breaks down Nationals

MLB

Fenway debut for Porcello as Red Sox crush Washington

Mookie Betts hit a three-run homer, took a two-run shot away from Bryce Harper with a flashy catch, and stole two bases, both on the same pitch, leading the Boston Red Sox to a 9-4 victory over the Washington Nationals on Monday in their home opener.

Rick Porcello (1-1) made his Fenway debut one week after signing an \$82.5 million, four-year contract, allowing four hits in eight innings. Two of the hits were solo homers by Ryan Zimmerman and Danny Espinosa.

The Red Sox rolled to an 8-0 lead after three innings against Jordan Zimmermann (1-1). The Nationals' right-hander was as wild to start the game as Tom Brady, whose ceremonial first pitch to David Ortiz bounced in the dirt in the left-hander's batters' box.

Ortiz capped the scoring for Boston with a solo homer in the sixth. Betts showed off all the skills that has made him an instant star centre fielder — in the first two innings.

He leaped above the low wall in front of the Boston bullpen in right-centre field to snare Harper's drive in the first.

Zimmermann walked Betts on five pitches to open the bottom half, and the 22-year-old stole second and third on the same play. He then scored on a single by Ortiz.

Betts capped off the fine

MORE SCORES

Pirates 5, Tigers 4

Gerrit Cole shut down baseball's top-hitting team, allowing just one run in six-plus innings as Pittsburgh handed Detroit its first loss of the season.

Mets 2, Phillies 0

Jacob deGrom pitched into the seventh, Juan Lagares drove in a run with an in-field single and the New York Mets beat the Philadelphia Phillies.

Royals 12, Twins 3

Kansas City Royals became the only unbeaten team in the majors as Kendrys Morales homered in a 12-3 romp over the Minnesota Twins.

THE ASSOCIATED PRESS

Go to **metronews.ca** for coverage of the Blue Jays' home opener in Toronto.

start with his homer that made it 4-0 in the second.

In the third, Zimmermann hit the first two batters, Hanley Ramirez and Pablo Sandoval. Helped by two misplays by centre fielder Michael A. Taylor that fell for singles, the Red Sox made it 8-0 on RBI singles by Xander Bogaerts, Sandy Leon and Betts, and a sacrifice fly by Dustin Pedroia.

The Red Sox improved to 18-5 in their last 23 home openers. The Nationals lost one day after snapping a three-game losing streak with a 4-3 win in 10 innings in Philadelphia.

Porcello has allowed just 10



David Ortiz of the Boston Red Sox celebrates with third base coach Brian Butterfield after hitting a solo home run in the sixth inning on Monday at Fenway Park. GETTY IMAGES



Super Bowl champion head coach Bill Belichick and QB Tom Brady of the New England Patriots enter Fenway Park before Monday's game. Brady threw out the opening pitch. GETTY IMAGES

hits in 14 innings since being obtained in a trade that sent outfielder Yoenis Cespedes to Detroit. The only hit he allowed in the first four innings was a single by Yunel Escobar in the first. Zimmermann led off the fourth with his second homer of the year. Clint Robinson followed with a triple and scored on an RBI groundout by Espinosa.

Zimmermann started the seventh by reaching on a two-base throwing error by third baseman Sandoval and scored on a groundout by Ian Desmond, making it 9-3. Espinosa then led off the eighth with his first homer. THE ASSOCIATED PRESS

IN BRIEF

George will earn playoffs reward if Pacers make it

If the Indiana Pacers make the playoffs, forward Paul George could be rewarded with more playing time. Eight days after the two-time All-Star returned to action, coach Frank Vogel told reporters that George would likely see his playing time rise by five minutes per game. George is also starting to look like his old self. He has averaged 10.3 points and 3.8 rebounds in 14.5 minutes over the past four games. THE ASSOCIATED PRESS

LLOYD MURDER TRIAL

Hernandez waits as deliberations roll on

Jurors in the murder trial of former New England Patriots player Aaron Hernandez completed their fifth day of deliberations Monday without reaching a verdict.

The jury has spent more than 27 hours deliberating whether Hernandez is guilty in the 2013 killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. They are due to resume deliberations Tuesday morning.

Hernandez, 25, was brought into court briefly at the begin-

ning and end of Monday's session and during the discussion of the note. He mouthed, "I love you" to his fiancée, Shayanna Jenkins, who was sitting in the front row. At other times, he is kept in a holding cell as he awaits the verdict. Jenkins' sister, Shaneah, was also in court Monday, sitting with Lloyd's family.

The jurors appeared to pay close attention during the trial, which lasted more than two months.

THE ASSOCIATED PRESS

MLB STATS

Batters frozen in Week 1

Batters stayed stuck in the deep freeze in the sport's offensive ice age during the first week of the new major league season, with scoring remaining near its lowest level in more than two decades.

There was an average of 8.34 runs per game through Sunday, according to STATS, down from 8.38 through the first eight days of last season and the second-lowest since 1992. Back in 2006, teams averaged 10.51 runs a game over a similar span.

"Pitching is so good now that it's just gotten tougher and tougher and tougher on these hitters," said Bruce Bochy, manager of the World Series champion San Francisco Giants. "The game's changed. The velocity on these pitchers has gone up quite a bit, particularly in the bullpen."

Houston's Evan Gattis is 0-for-20 with 12 strikeouts. Boston's Mike Napoli was 0-for-18 before an eighth-inning single Sunday night.

"This game is about rhythm and being in there a lot," Napoli said. "I'm pretty sure that once everyone gets into rhythm it's going to be good times."

The .241 big-league batting average is down from .246 in the first week last year and the second-lowest in 24 years, ahead of only 2012. Before hitters had a good day at the plate Sunday, the average was .236 — the lowest since 1972.

Home runs are up slightly to 1.81 from last year's 1.70, the smallest average since 1993.

There were shutouts on each of the first seven days of the season for the first time since 2002. The 20 total blankings equalled two years ago for the most over the first eight days since 1972, STATS said. "People overanalyze everything," Oakland outfielder Josh Reddick said. "We're what, six games in right now? It's just nothing."

THE ASSOCIATED PRESS

EPL

Reds close on top 4 after Sterling work

Raheem Sterling and Joe Allen scored in each half to give Liverpool a 2-0 win over Newcastle in the Premier League on Monday that puts the club four points from the last Champions League place.

Sterling opened the scoring in the ninth minute when he downed a long cross on the left edge of the area and dribbled past two defenders before slotting a neat finish inside the far post. Liverpool dominated after the interval and Allen



Raheem Sterling celebrates his goal. GETTY IMAGES

volleyed in the second in the 70th minute.

THE ASSOCIATED PRESS



Mike Napoli was 0 for 18 before an eighth-inning single Sunday night. GETTY IMAGES

RECIPE Asian Beef with Crisp Vegetables

EAT LIGHT AT HOME

Rose Reisman
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📧@rosereisman



Ready in

Prep time: 15 minutes

Cook time: 8 minutes

Directions

1. To make the sauce, whisk the stock, brown sugar, soy sauce, vinegar, sesame oil, cornstarch, garlic and ginger in a bowl. Set aside.

2. Lightly coat a large, non-stick skillet with cooking spray and place over high heat. When the skillet is hot, brown the beef for 3 minutes, or until it's browned but still rare. Remove from the pan, let rest for 5 minutes, then slice thinly.

3. Respray the pan. Heat the vegetable oil, then add the broccoli, red pepper and snow peas. Cook for 3 minutes. Return the beef to the pan. Stir the sauce and add to the pan. Stir-fry for 2 minutes or until the sauce is thickened and bubbly and the beef is done to your liking. Be careful not to overcook.

4. Place on a serving platter and garnish with cilantro or parsley, green onions and cashews (if using).

Ingredients

Serves 4
• 3/4 cup beef (or chicken) stock



- 1/4 cup packed brown sugar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp rice vinegar
- 2 tsp sesame oil
- 1 Tbsp cornstarch
- 2 tsp finely chopped garlic
- 1 1/2 tsp finely chopped ginger
- 12 oz boneless grilling steak
- 2 tsp vegetable oil
- 1 1/2 cups chopped broccoli
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups snow peas
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 2 Tbsp chopped toasted cashews (optional)

Nutrition per serving

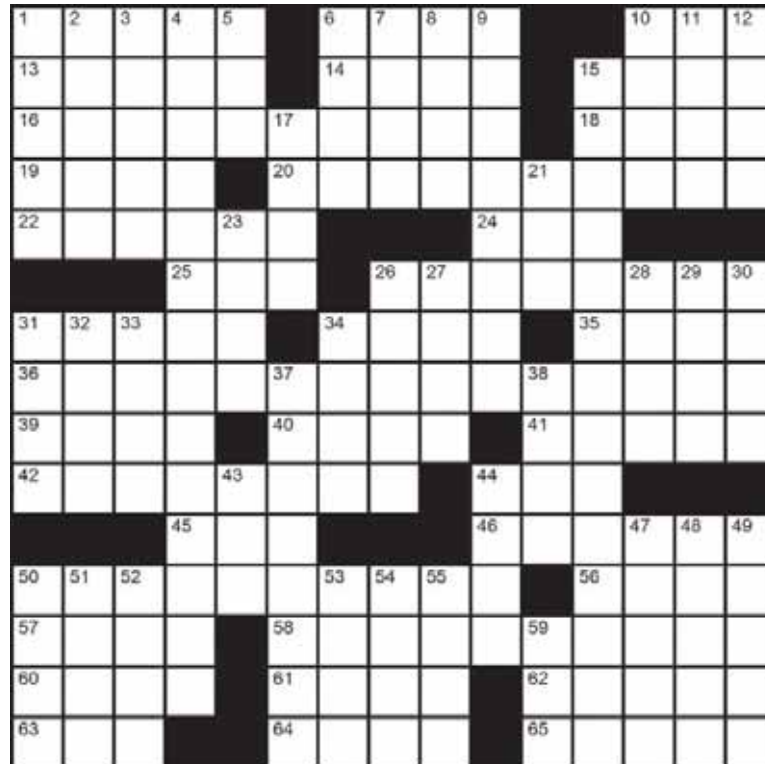
- Calories 161
- Protein 10 g
- Carbohydrates 25 g
- Fibre 3 g
- Total fat 10 g
- Saturated fat 2.5 g
- Cholesterol 15 mg
- Sodium 375 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE
metronews.ca



ACROSS

- Verse variety
- Business gathering, e.g.
- Ruminant's snack
- Mr. Leung (Judge on "MasterChef Canada")
- Tell _ _ (Deceive)
- Heal
- Tune off Taylor Swift's '1989' album: 2 wds.
- Pond 'plant'
- Yearn
- "Elevator _ _" by Canadian band Stars
- "Lawrence of _" (1962)
- Suffix meaning 'somewhat'
- "Am _ _ brother's keeper?"
- Dime's amount: 2 wds.
- Flooded
- _ Yang Twins (Rap music duo)
- Canadian comedian/actor Jon
- "The Big Bang Theory": 3 wds.
- Not worth _ _ (Without value)
- Virginia willow
- Appeases cravings
- Desert-like climate
- "Shallow _" (2001)
- _ -la-la
- Alanis Morissette's "You _ Know"

- Collectors of the gold that oozes from Maples: 2 wds.
- Mr. Julia
- Medley
- Cape Breton: Fortress of _ National Historic Site of Canada
- Disavow
- French: Ici _ _

- (Here and there)
- "Ha! _ _ knew that!"
- Chopper
- "_ _ I was saying..."
- Vice _

DOWN

- "Used _ _ espanol?" (Do you

- speak Spanish?)
- _ _ nothing
- Ms. Trump
- Stage name of Hamilton-born blues musician Richard Newell: 3 wds.
- Anonymous [abbr.]
- Mob chief
- Norwegian king,

- variantly
- Courteous
- "Teardrops rolling down on my face..." song
- Religious sect
- Compel
- Letter starter...
- Vancouver Island: Old forest growth of giant Douglas Firs in

- MacMillan Provincial Park: 2 wds.
- Kill
- Top left corner PC key
- "The way I see it..." in Web speak
- _ _ over (Helped out in the interim)
- Irish songstress
- "_ _ isn't." (Doubter's observation)
- Tire swing need
- Legis. meeting
- Epiphanies!
- Knowing
- Mr. Egoyan
- Himalayas legend
- Moncton's professional basketball team
- Biblical twin
- _ Islands, Indonesia
- "Bonanza" son
- Rutger of reels
- Revolves
- Suffix denoting 'pain'
- Pop
- Mr. O'Loughlin of "Hawaii Five-O"
- Country cab-in wood
- Stringed instrument of Japan
- Katharine Hepburn's "Rooster Cogburn" (1975) role
- Ms. Carrere's
- Drink [abbr.]

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You like excitement but you need security too and the planets will in some way remind you today that matters of a business and financial nature must not be neglected. Have fun by all means but keep an eye on your cash too.

♉ Taurus April 21 - May 21

You are in no mood to follow the herd. With mind planet Mercury moving into your sign you will go your own way and do your own thing even if the whole world is against you. You'll make a big impression, and a good one too.

♊ Gemini May 22 - June 21

What happens today will plant a seed of doubt in your mind and it will rapidly reach the point where you can no longer deny that something is wrong. That's good: once you know what's

wrong you can take steps to fix it.

♋ Cancer June 22 - July 23

There may be a crisis of some sort over the next 24 hours but your confidence is sky high at the moment so chances are you will find a solution. Others will turn to you when their lives go into free-fall. Somehow you know what to do.

♌ Leo July 24 - Aug. 23

There is so much you want to do and so much you can do but don't do it all in one go. You may feel that if you don't act immediately the opportunity will be lost but that's not true. You have all the time in the world.

♍ Virgo Aug. 24 - Sept. 23

You will enjoy yourself more if you are on the move. It may still be early in the week but if you can arrange a trip

to some place you have never been to before, you should do so as it will open your mind to new possibilities.

♎ Libra Sept. 24 - Oct. 23

If you think you are owed something, be it money, respect, or whatever, you can get it today. Mercury will help you find the words that can persuade others to give you what you desire. They simply won't dare tell you "no."

♏ Scorpio Oct. 24 - Nov. 22

Do you know the meaning of the word compromise? Hopefully you do because the planets warn you won't get your way by force alone over the next 24 hours. Be willing to negotiate and be ready to give ground as well as take it.

♐ Sagittarius Nov. 23 - Dec. 21

What you do for or to other people al-

ways comes back to you eventually, and if you bear that thought in mind today, and act accordingly, you won't go far wrong. It's always better to give than to receive - in the short-term anyway.

♑ Capricorn Dec. 22 - Jan. 20

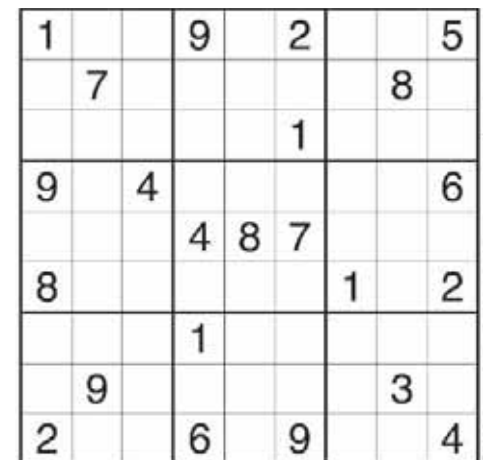
You can turn almost any situation to your advantage over the next 24 hours. Mars in the most dynamic area of your chart means you are intensely ambitious - and it makes you more passionate than usual. Try mixing business with pleasure!

♒ Aquarius Jan. 21 - Feb. 19

A domestic issue that has been bugging you for some time can and must be dealt with today. The answer to the problem will appear in your mind seemingly out of nowhere and once it does don't wait or think about it - just act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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